



## SNACK MENUS OLDER INFANTS/TODDLERS



### Healthy Snacks

- 2 oz. Plain Yogurt & 1 Tbsp. Diced Fruit
- ½ Small Diced Banana & Plain Graham Cracker (No Honey because of botulism concerns)
- 2 Whole Wheat Crackers & Grated Cheese
- Tortilla Strips & Shredded Cheese
- 1 Tbsp. Hummus & 2 Whole Grain Bread Sticks
- 1-2 Tbsp. Multigrain O's Cereal & 1- 2 Tbsp. Diced Blueberries
- 1- 2 Tbsp. Blanched/Cooked Cut Veggies (Broccoli Florets, Baby Carrots) & 1- 2 Tbsp. Plain Yogurt Dip
- Soft Cooked Macaroni (alphabet shapes, mini elbow) & grated parmesan cheese
- Offer water or breast milk or formula to drink

### Healthy Snack Time Tips

Rule of Thumb: One Tablespoon of food for each year of life per food group is appropriate portion size.

Children must be supervised while eating and drinking.

Children should always be seated during meal and snack times.

Adults should ensure the child is developmentally ready for textured foods.

Do not use unpasteurized soft cheese and milk products (potential source of listeria monocytogenes bacteria).

Avoid foods made with honey and corn syrup the first year of life due to possible source of botulinum toxin.

Offer breastmilk or formula to infants; water or whole milk to toddlers one – two years old; and fat-free (skim) or low fat (1%) milk for older than two.

Limit to 4 oz./day 100% Juice for those older than one.

#### **Additional Resource:**

Meals Without Squeals, Child Care Feeding Guide and Cookbook by Christine Berman MPH, RD, & Jack Fromer, Third edition.

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